

The Science Behind Maintaining Your Brain

Presented by Edie Yau,
Director of Diversity, Alzheimer's Association

alzheimer's  association®

阿滋海默症協會

Sponsored by Organization of Chinese American Women - Silicon Valley Chapter



www.ocaw-svc.org

Saturday April 19, 2008
2:00pm- 4:00pm
Sunny View Manor
22445 Cupertino Road, Cupertino

This engaging workshop features interactive exercises, colorful audiovisuals and comprehensive take-home materials. The three-part structure – centered around brain, body and person – also provides an accessible framework for individuals to apply what they learn.

Key learning objectives of the workshop include:

- ✓ Understanding the difference between Alzheimer's and dementia
- ✓ Understanding the heart-brain connection
- ✓ Making smart lifestyle choices
- ✓ Reducing the risk of brain diseases by avoiding heart disease, stroke and diabetes
- ✓ Learning about caregiver issues and resources for Alzheimer's

(Chinese translation available 提供中文翻譯)

Bring your friends and family. RSVP recommended as space is limited.
Contact Emily Lo at (408) 868-9982 or e-mail :ocawsvc@yahoo.com